An Almanacke, or a

double Diarie, and Prognostication, for this yeare of our Lord Christ. 1609.

The one suppurated chiefly for the *latitude and meridian of the antient towne* of Petworth in Sussex, which generally may serue for all great Britaine, and particularly for the south parts thereof.

The other helpfull to merchants and such as trauell beyond sea.

By HENRY ALLEN practitioner in Physicke, and Studious of *Astronomie.*

Solum & solum sequuntur cœlum.

LONDON,
Printed for the Company of Stationers. 1609.

Partes of the Cycles, the Interuallum
mooueable feasts and Clauis thereof, this yeare
1609. and the seuerall reuolutions of their
Cicles since Christs Natiuitie.

*****

Julian for great Brittaine.				Gregorian for beyond sea.
Golden number.	14	19	Golden number.	1
Epact.	4	19	Epact.	24
Key of mo feasts.	33	19	Key of mo. feasts.	33
Sunne.	22	28	Sunne Cicle.	22
Romane Indiction.	7	15	Romane Indiction.	7
Dominical.	A		Dominicall letter.	D

Parts of the Cicle of the — Whose reuolution is in — years.

Weekes 6. dayes.		Space betweene Christ & Shroue.	Weekes 9. dayes 3.	
March.	5	Quad. Sund.	March.	8
Aprill.	16		Aprill.	19
May.	25		May.	28
June.	4		June.	7
December.	3		Nouember.	29

11	Weekes	March.	8	First.	Ember weekes	March.	15	Weekes
13		June.	7	Second		June.	10	
15		Sept.	20	Third.		Septem.	16	
13		Decem.	20	Fourth.		Decem.	20	

Reuolutions of the Cicles of the	Golden number.	Past since Christs birth	84
	Epact.		84
	Keyes of the moone feast.		84
	Sunne.		57
	Romane Indiction.		107

The Anatomie of Mans body, as the parts thereof are gouerned by the twelue Celeſtiall Signes.

Aries. The head and face.

Taurus. Neck & throat.

Cancer. Breaſt, ſtomack & lungs

Virgo. Guts & belly.

Scorpio. Secrets & bladder.

Capricornis. The knees.



Gemini. Armes & ſholders.

Leo. Hart & backe.

Libra. Reines & loins

Sagitarius Thighs

Aquarius. The Legges

Piſces. The Feete.

The yeere both paſt, and comming on,
Ianus doth view with doubled face:
To ſhunne ſinne preſent, and to come,
God ſtill aſsiſt vs with his grace.

Quo vultum Ianus duplum conuertit in annum.

☽ Firſt quarter the 2 day at 10 of the clocke 46 min. at night.
● Full Moon the 10 day at one of the clock 45 mi. in the morning.
☾ Laſt quarter the 18 day at 2 of the clock in the morning.
● New moone 25 day at 2 of the clock 58 min. in the after noone.

1			Aries. 0	n			
2	b	Octa. of Steuen	Aries. 13		12	e	
3	c	Octa. of Iohn.	Aries. 18		13	f	
4	d	Octa. of Innoc.	Taur. 13		14	g	
5	e	Edward depoſed.	Taur. 26		15	a	
6	f		Gemi. 10		16	b	Marcellus.
7	g	Clauis Septuag.	Gemi. 24		17	c	Anthonie.
8			Canc. 7		18		
9	b	Agnes the virgin.	Can. 20		19	e	
10	c		Leo 4		20	f	Fabian & Sebaſt.
11	d		Leo 16		21	g	Agnes.
12	e	Archad. mart.	Leo 28		22	a	
13	f	Hillarie biſhop.	Virg. 11		23	b	
14	g	Wed. comes in.	Virg. 22		24	c	
15			Libr. 4		25	d	Conuer. of Paul.
16	b	Marcellus.	Libr. 17		26	e	
17	c	Antho. depoſed.	Scor. 0		27	f	
18	d	Priſca virgin.	Scor. 11		28	g	
19	e	Wolfan biſh.	Scor. 23		29	a	
20	f	Octabia pillar.	Sag. 6		30	b	
21	g	Agnes virgin.	Sag. 20		31	c	
22			Capr. 1		1	d	
23	b		Capr. 15		2	e	
24	c	Timothy apoſt.	Cap. 28		3	f	
25	d	Con. of Paul.	Aqu. 12		4	g	
26	e	Policarpe biſh.	Aqua. 26		5	a	Agatha.
27	f	Quind Hillarii.	Piſc. 10		6	b	Dozothea.
28	g	Clauis quadrag.	Piſc. 24		7	c	
29			Ari. 10		8	d	
30	b	Batild Queene.	Ari. 24		9	e	Apollonia.
31	c	Wedd: goes out.	Taur. 8		10	f	

The waters now (by kinde) abound,
Whereof land-floods are wont to growe:
God graunt, that (in contrition true)
Teares from our eyes may eft-soones flowe.

Quo pluuiæ torrens riparum concitat amnes.

☽ First quart the first day at 11 of the clock 20 mi. before noone.
● Full moone the 8 day at 6 of the clock 6 mi. in the after noone.
☾ Last quar. the 16 day at 9 of the clock 46 mi. before midnight.
● New moone the 24 day at 1 of the clock 45 mi. in the morning.

1	d	Brigget.	Tau. 23	11	g		
2	e	Purifica. of Mary.	Gem. 7	12	a		
3	f	Christ. purifi.	Gem. 22	13	b		
4	g	Gilbert bishop.	Can. 5	14	c	Valentine.	
5	a	Felon. after Epipha.	Can. 17	15	d	Septuag. sonday.	
6	b	Dorothie virg.	Leo 0	16	e	[redacted]	
7	c	Angule. Bish.	Leo 12	17	f		
8	d	Paul Bishop.	Leo 25	18	g		
9	e	Octa. purifie.	Virg. 7	19	a		
10	f	Sunne in Pisces.	Virg. 19	20	b		
11	g	Sother Bishop.	Lib. 1	21	c	Peters chaire.	
12	a	Septuag. sunday.	Lib. 12	22	d	Sexag. sun.	
13	b	Terme ends.	Lib. 24	23	e	Fast.	
14	c	Valentine.	Scor. 6	24	f	Mathias Apost.	
15	d	Faustine and Jo.	Scor. 19	25	g		
16	e	Julian virgin.	Sagit. 1	26	a		
17	f	Polleron bish.	Sag. 13	27	b		
18	g	Simeon bish.	Sagt. 26	28	c		
19	a	Prince Hen. born.	Capr. 9	1	d	March.	
20	b	Wilfred.	Capr. 22	2	e	[redacted]	
21	c	Ultima septuag.	Aqua. 6	3	f		
22	d	S. Peters ch.	Aqu. 20	4	g	Adrian mart.	
23	e	Fast.	Pisces. 5	5	a		
24	f	Mathias Apostle.	Pisc. 19	6	b		
25	g		Aries 4	7	c		
26	a	Sexag. sonday.	Aries 19	8	d	Quinquag. sun.	
27	b	Augustt. bishop.	Taur. 4	9	e		
28	c	Shrouetuesday.	Taur. 18	10	f		

God (in this moneth) man first did make,
And all things else, man for to serue:
And man alone, to liue to God,
His lawes and heasts for to obserue.

Quo Deus in primo produxit adesse creata.

) First quarter the 2 day, at 4 of the clock 3 mi. in the after noon.
○ Full moone the 10 day at 11 of the clock, 12 min. before noone.
(Last quar. the 18 day, at 2 of the clock 27 mi. in the after noone.
● New moone the 25 day, at 10 of the clock 58 min. before noone.

1	d	Ashwednesday.	Gem. 3	11	g	Ember weeke	
2	e	Chad. bishop.	Gem. 17	12	a	Gregorie.	
3	f	Maurice.	Can. 1	13	b		
4	g	Adrian mart.	Can. 14	14	c		
5	a	1. Son. in Lent.	Can 27	15	d	2. Son. in Lent.	
6	b	Victor mart.	Leo 17	16	e		
7	c	Perpet. and fel.	Leo 22	17	f	Gertrud.	
8	d	Ember weeke.	Virg. 4	18	g		
9	e	40 Martirs.	Virg. 16	19	a		
10	f	Equall. d. & night.	Virg. 28	20	b		
11	g	Cuthb. in Ang. Cla. p.	Lib. 9	21	c		
12	a	3. Son. in Lent.	Lib. 21	22	d	3. Son. in Lent.	
13	b	Theodor. mart.	Scor. 3	23	e		
14	c	Ultima quadr.	Scor. 15	24	f		
15	d	Longi. mart.	Scor. 27	25	g	Annunciat. of Mary.	
16	e	Tyrrach.	Sag. 9	26	a		
17	f	Gertrud virg.	Sag. 21	27	b		
18	g	Primus dies. S.	Cap. 4	28	c		
19	a	Joseph. 4. Son. in Lent.	Cap. 17	29	d	4. Son. in Lent.	
20	b	Cuthbert.	Aqua. 1	30	e		
21	c	Benedict.	Aqua. 14	31	f		
22	d	Primum Mass.	Aqua. 28	1	g		
23	e	Theodor bish.	Pisc. 13	2	a		
24	f	Joh. Reg. Jacob.	Pisc. 28	3	b		
25	g	Annun. of Mary.	Aries 13	4	c	Ambrosi.	
26	a	4. Son. in Lent.	Aries 28	5	d		
27	b	Resurrect. domi.	Taur. 13	6	e		
28	c	Dorothie virg.	Taur. 27	7	f		
29	d	Quintine.	Gem. 12	8	g		
30	e	Quirine mart.	Gem. 26	9	a		
31	f	Adelme bish.	Canc. 10	10	b		

The earth now venting forth her force,
Beclads her selfe, with glorious hiew:
Thrice happy he, that from his heart,
Can yeeld-forth treasures olde and new.

Quo prius occultas inuenit herba vias.

☽ First quart. the first day at 3 of the clock 40 mi. in the morning.
● Full moone the 9 day at 4 of the clock 25 min. in the morning.
☾ Last quar. the 17 day at 3 of the clock 27 mi. in the morning.
● New moone the 23 day at 7 of the clock 7 mi. after noone.
☽ First quarter the 30 day at 4 of the clock 47 min. after noone.

1	g	Theodozie virg.	Canc. 23	11	c		
2		S. Ion. in Lent.	Leo. 6	12	D	Palme sonday.	
3	b	Richard bish.	Leo. 19	13	e		
4	c	Ambrose.	Virg. 1	14	f	Tiburt.	
5	d	Martian.	Virg. 3	15	g		
6	e	Sirtus bish.	Virg. 25	16	a		
7	f	Euphemy virgin.	Libra 7	17	b		
8	g	Egelippus.	Libra. 19	18	c		
9		Palme sonday.	Scorp. 0	19	D	Easte day.	
10	b		Scor. 12	20	e		
11	c	Sunne in Taur.	Scor. 24	21	f		
12	d	Oswald arch.	Sagi 6	22	g		
13	e	Zenone.	Sag. 18	23	a	Georges.	
14	f	Olike.	Cap. 0	24	b	Fell	
15	g	Clauis Rogat.	Cap. 13	25	c	Marke Euange.	
16		Easter day.	Cap. 26	26	D	Low Sonday.	
17	b	Anicent bish.	Aqua. 9	27	e		
18	c	Elutherius.	Aqua. 23	28	f		
19	d	Alphage bish.	Pisc. 7	29	g		
20	e	Victor mart.	Pisc. 21	30	a	Fast.	
21	f	Symeon bish.	Aries 6	1	b	Philip & Ia. apost.	
22	g	Oesider mart.	Aries 21	2	c		
23		Low son S. Georges	Tau. 6	3	D	Inuent. Crosse.	
24	b	Med. coms in.	Tau. 21	4	e	Florianus.	
25	c	Mark Euange.	Gem 6	5	f		
26	d	Vltimum pasc.	Gem. 20	6	g		
27	e	Victor mart.	Canc. 5	7	a		
28	f	Vitalis mart.	Canc. 18	8	b		
29	g	Clauis penticost.	Leo 2	9	c	Theophilus.	
30		S. Ion. ante Latin.	Leo 15	10	D	Ascension day.	

The gladſome ſhew that May doth yeeld,
Reioyceth all created things:
But no reioycing like to that,
Which peace of conſcience, with it brings.

Quo volucrum cantus gaudet de floribus vrtus.

● Full moone the 8 day at 8 of the clock 20 mi. in the after noone.
☾ Laſt quar. the 16 day at 12 of the clock 58 minutes at noone.
● New moone 23 day at 3 of the clock 4 min. in the morning.
☽ Firſt quart. the 30 day at 8 of the clock 51 mun. in the morning.

1	b	Nui pa	Leo. 26	11	e		
2	c	Athanaſius.	Virg. 10	12	f		
3	d		Virg. 23	13	g		
4	e	Feſt cor. ſpin.	Libra. 4.	14	a		
5	f	Godard.	Libra. 16	15	b	Sophie.	
6	g	John port. lat.	Libra. 28	16	c		
7			Scor. 10	17	d		
8	b	Tres paſch.	Scor. 21	18	e		
9	c	Tran. of S. Nich.	Sagit. 4	19	f		
10	d	Gordian.	Sagit. 15	20	g	Barnarde.	
11	e	Appolire.	Sagi. 27	21	a		
12	f		Cap. 9	22	b		
13	g	Seruitius.	Cap. 23	23	c		
14			Aqua. 5	24	d		
15	b	Gent. Paſch.	Aqua. 18	25	e	Urban.	
16	c	Brandon.	Piſc. 2	26	f		
17	d	Tran. of Ben.	Piſc. 16	27	g		
18	e	Dioſcor. mart.	Aries. 1	28	a		
19	f	Potentia.	Aries. 16	29	b		
20	g	Medd. goes out.	Taur. 0	30	c		
21			Taur. 15	31	d		
22	b	Quinque Paſch.	Gem. 0	1	e		
23	c	Tranſ. of Tran.	Gem. 14	2	f		
24	d	Adelme biſh.	Canc. 0	3	g		
25	e		Canc. 13	4	a		
26	f	Craſt. aſcent.	Canc. 26	5	b	Boniface biſh.	
27	g	Bede preſt.	Leo. 10	6	c		
28			Leo. 23	7	d		
29	b		Virg. 6	8	e		
30	c	Petronil virg.	Virg. 18	9	f		
31	d	Nereus.	Libr. 0	10	g	Ember weeke.	

The earth for cattell foode affords,
In Winters want, to make ſupply:
All bleſt is hee, that bread of life,
Shall eate, aboue the ſtarrie skie.

Quo falcat pratis pabula tonſor equis.

● Full moone the 7 day at 11 of the clock 38 min. before noone.
☾ Laſt quarter the 14 day 7 of the clock 18 min. after noone.
● New moone the 21 day at 11 of the clock 30 mi. before noone.
☽ Firſt quar. the 28 day at 12 of the clock 20 mi. at midnight.

1	e	Nichomede.	Lib. 14	11	a		
2	f	Marcellus.	Lib. 25	12	b		
3	g	Erasmus.	Scorp. 6	13	c		
4	A	Whitsunday.	Scor. 18	14	D	Trin. sonday.	
5	b	Boniface bish.	Sagit. 0	15	e		
6	c	Wollstone.	Sagi. 12	16	f		
7	d	Ember weeke.	Sagi. 24	17	g		
8	e	William conf.	Capr. 7	18	a	Corpus Christi.	
9	f	Tranſ. of Edm.	Capr. 19	19	b		
10	g	Iuan coufel.	Aqua. 2	20	c		
11	A	Trin. sonday.	Aqua. 15	21	D	1. son after Trin.	
12	b	Traſ. Trin. we t.	Aqua. 27	22	e	Alban. mart. Fast.	
13	c	Longeſt day.	Pis. 12	23	f	S. Iohn Baptiſt.	
14	d	Tranſ. of Rich.	Pis. 26	24	g		
15	e	Corpus christ.	Aries. 11	25	a		
16	f	Tempe begins.	Aries. 25	26	b		
17	g	Botulph. mart.	Taur. 10	27	c		
18	A	1. son. after Trin.	Taur. 24	28	D	2. son. after Trin.	
19	b	Oct. Trinit.	Gem. 9	29	e		
20	c	Tranſ. of Edw.	Gem. 23	30	f		
21	d	Walburge virg.	Canc. 7	1	g	July.	
22	e	Alban mart.	Canc. 21	2	a	Visit. of Mary.	
23	f	Audre. Fast.	Leo 4	3	b		
24	g	S. Iohn Baptiſt.	Leo 18	4	c	Ulrice.	
25	A	2. son. after Trin.	Virg. 0	5	D	3. son. after Trin.	
26	b	Duns. trinit.	Virg. 13	6	e	Octanian.	
27	c	Crescens.	Virg. 26	7	f		
28	d	Leo. bish. Fast.	Lib. 8	8	g		
29	e	Peter Apoſtle.	Lib. 20	9	a		
30	f	Conu. of Paul.	Scor. 2	10	b	7 brethren.	

The Sunne (the dogge-daves now come in)
His hotteſt beames ſends from aboue:
The holy Ghoſt enflame our hearts,
With feruent faith, working by loue.

Quo magis ardentes, extollit Lucifer ignes.

● Full moon the 6 day 11 of the clock 7 minutes before midnight.
☾ Laſt quarter the 13 day a little before midnight.
● New moone the 20 day at 9 of the clock 25 min. after noone.
☽ Firſt quar. the 28 day at 5 of the clock 37 min. after noone.

1	g	Octa. Ioh Bap	Sco2.14		11	c		
2	A	Viſitation of ma·	Sco2.27		12	D	4. ſon. after Trin.	
3	b	Tres trinit.	Sagit. 9		13	e		
4	c	Vlrice.	Sagi 21		14	f		
5	d	Terme ends.	Capri 3		15	g	Iudicium	
6	e	Oct of Pet. Paul.	Cap 16		16	a		
7	f	Thomas Becket.	Aqua. 0		17	b		
8	g	Depoſ. of Grim.	Aqua. 12		18	c	Rolina.	
9	A	4. ſon. after Trin.	Aqua. 25		19	D	5. ſon. after Trin.	
10	b	7 Bzeth. mart	Piſc. 9		20	e		
11	c	Pij.	Piſc. 23		21	f		
12	d	Margaret.	Aries 7		22	g	Mary Magdelen	
13	e	Sunne in Leo,	Aries 21		23	a		
14	f	Chriſtopher.	Taur. 6		24	b	Chriſtin. virg.	
15	g	Tranilla of Swit	Taur. 20		25	c	Iames apoſtle	
16	A	6. ſon. after Trin.	Gem. 5		26	D	6. ſon. after Trin.	
17	b	Kenelme king.	Gem. 19		27	e	Martha.	
18	c	Arnolph. biſh.	Canc 4		28	f		
19	d	Nat. R. Ia.	Canc. 17		29	g		
20	e	Dog daves begins	Leo 0		30	a	Iury of Colbrook	
21	f	Marthe virg.	Leo 13		31	b		
22	g	Mary Magd.	Leo 26		1	c	Auguſt.	
23	A	7. ſon. after Trin.	Virg 9		2	D	7 ſon. after Trin.	
24	b	Chriſt virg. Fair	Virg. 21		3	e		
25	c	Iames apoſtle.	Libr. 3		4	f	Iolias.	
26	d	Anno of Mary.	Libr. 16		5	g	Oſwalde.	
27	e	7 Sleepers.	Libr. 28		6	a		
28	f	Samſon biſh.	Sco2. 10		7	b		
29	g	In. Re. Ia. Sco.	Sco2. 22		8	c		
30	A	42 yeares ſince.	Sag. 4		9	D	8. ſon. after Trin.	
31	b	German biſh.	Sag. 17		10	e	Laurence.	

Dame Ceres now the empty barnes,
with ſtore of ripened fruites doth fill:
O happy waight, that grace obtaines
And ſtrength from God, to do his will.

Quo vacuata prius, pubes replet horrea meſsis.

- Full moone the 5 day at 10 of the clock before noone.
- Laſt quarter the 12 day at 4 of the clock 27 mi. in the morning.
- New moone the 19 day at 9 of the clock 26 mi. before noone.
- First quart. the 27 at 11 of the clock before noone.

1	c	Lammas Day.	Cap. 0	11	f		
2	d	Stephen biſh.	Cap. 12	12	g	Clare virgin.	
3	e	Inuent. S. Ste.	Cap. 25	13	a		
4	f	Feſtum niuis.	Aqua. 8	14	b		
5	g		Aqua. 21	15	c	Aſſum of Mary.	
6			Piſc. 5	16			
7	b	Feaſt of Jeſus.	Piſc. 18	17	e		
8	c	Ciriacke.	Aries. 3	18	f		
9	d	Romaine mart.	Aries. 17	19	g		
10	e	Laurence mart.	Taur. 2	20	a		
11	f	Tiburt mart.	Taur. 17	21	b		
12	g	Clare virg.	Gem. 1	22	c		
13			Gem. 15	23			
14	b		Can. 0	24	e		
15	c	Aſſum of mar.	Can. 23	25	f		
16	d	Roch mart.	Can 27	26	g		
17	e	Oct. of Law.	Leo 10	27	a		
18	f	Agapite mart.	Leo 22	28	b	Auguſtine.	
19	g	Magnus mart.	Virg. 5	29	c	Decol. Jo. Bap.	
20			virg. 17	30			
21	b	Barnard.	Libr 0	31	e		
22	c	Octa. aſſupt.	Libr. 11	1	f		
23	d	Timoth.	Libr. 23	2	g		
24	e		Scor. 5	3	a		
25	f	Lewes King.	Scor. 17	4	b		
26	g		Sag. 0	5	c	Hercules.	
27			Sag. 12	6			
28	b	Auſtine biſhop.	Sag. 24	7	e		
29	c	John beheaded.	Cap. 8	8	f	Nat. of our Lady.	
30	d	Felix & Audact.	Cap. 20	9	g		
31	e	Cuthburg. virg.	Aqu. 3	10	a		

Colbrok.

The wine-preſſe (now) is ſet to worke,
And ſtore of new wine thence doth flowe:
Pray night and day, to God on thee,
His holy ſpirit, for to beſtowe.

Vinea quo Bacchum preſſa liquore colit.

● Full moone the 3. day at 7. of the clock 47. min. before midnight.
☾ Laſt quarter the 10. day at 10. of the clock 37. min before noone.
● New moone the 18 day at 12 of the clock at midnight.
☽ Firſt quart. the 26 day at 4 of the clock 14 min in the morning.

1	f	Giles Abbot.	Aqu. 16	11	b		
2	g	Anthony Mar.	Piſc 0	12	c		
3			Piſc. 14	13			
4	b	Tranſ. of Cuth.	Piſc. 28	14	e	Holy croſſe.	
5	c	Bertine	Aries. 13	15	f		
6	d	Engenius.	Aries. 27	16	g		
7	e	Nat. Reg. Eliz.	Taur. 12	17	a	Lambert Bith.	
8	f	Nat. of our Lad.	Taur. 22	18	b		
9	g	Gorgonius.	Gem. 9	19	c		
10			Gem. 26	20			
11	b	Equal day & night	Canc. 19	21	d		
12	c		Canc. 23	22	e	Mauricius.	
13	d		Leo 7	23	f	Tecla virg.	
14	e	Holy croſſe.	Leo. 20	24	g		
15	f	Nich. of Mary.	Virg 2	25	a		
16	g	Edith virgin.	Virg. 14	26	b		
17			Virg. 26	27			
18	b	Victor.	Libr. 8	28	c		
19	c	Januarie.	Libr. 20	29	d		
20	d		Scor. 2	30	e		
21	e		Scor. 13	1	f		
22	f	Mauricius.	Scor. 26	2	g		
23	g	Techa virg.	Sag. 8	3	a		
24			Sag 20	4	b	Francis conf.	
25	b	Firmine mart.	Cap. 2	5	c		
26	c	Cipzian & Just	Cap. 15	6	d		
27	d	Cosme & Da.	Cap. 27	7	e		
28	e	Exuper.	Aqua. 11	8	f		
29	f		Aqua 24	9	g	Dionisius.	
30	g	Jerom priest.	Piſc. 8	10	a	Gedeonis.	

Yee flowers all, of braueſt blee,
Muſt vnto Winter now giue place:
O happy heart, from out of which,
The feare of God all ſinne doth chaſe.

Floribus excluſis hyemis quis ianitor extat.

● Full moone the 3 day at 6 of the clock 42 min. before noone.
☾ Laſt quarter the 9 day at a little after 8 at night.
● New moone the 17 day a little after 5 in the after noone.
☽ Firſt quarter the 25 day at 8 in the euening.

1			Piſc. 22		11		
2	b	Leodogar.	Aries 7		12	e	
3	c	Candide mart.	Aries 21		13	f	
4	d	Francis conf.	Taur. 6		14	g	Eſaie.
5	e	Apoline bish.	Taur. 21		15	a	
6	f	Cra. Wicha.	Gem. 5		16	b	
7	g	Bart. & Mark.	Gem. 20		17	c	
8			Canc. 5		18		
9	b		Canc. 19		19	e	
10	c	Gideons.	Leo 3		20	f	
11	d	Archaſius bish.	Leo 16		21	g	Vrſule virg.
12	e	Wilfrid virg.	Virg. 0		22	a	
13	f	Duide mech.	Virg. 12		23	b	
14	g		Virg. 25		24	c	
15			Libra 6		25		
16	b	Michael mount.	Libra 17		26	e	
17	c	Trans of Eth.	Scorp. 0		27	f	
18	d		Scorp. 11		28	g	
19	e	Frediſwine virg.	Scor. 23		29	a	
20	f	Tres Wicha.	Sagit. 4		30	b	
21	g	11000 virgins.	Sagi. 16		31	c	
22			Sagi. 27		1		
23	b	Seuerini.	Capr. 10		2	e	Omni. animar.
24	c	Maglory bish.	Capr. 23		3	f	
25	d	Criſp & Crisp.	Aquar. 6		4	g	
26	e	Vrſula virg.	Aqua. 19		5	a	
27	f	Wenſ. mich.	Piſces 2		6	b	Leonard.
28	g		Piſc. 16		7	c	
29			Aries 1		8		
30	b	Germ. bish.	Aries 15		9	e	
31	c	Quintin.	Taur. 0		10	f	

The better for to ſerue mans vſe,
New-wines ſomewhat refined bee:
O God refine our droſſie hearts,
Kindle in them the loue of thee.

Quo muſtum bibulo linquit ſua nomina vino.

● Full moone the firſt day at 2 of the clock 40 min: after noone,
Laſt quarter the 9 day a little after 9 at night.
● New moone the 16 day at 12 at noone,
First quarter the 24 day 9 of the clock 29 min. before midnight.

1	d	Tau. 5	11	g	Martin bish.
2	e	Omnium animar.	Gem 5	12	a	
3	f	Creat anim.	Gem. 25	13	b	
4	g	Lete pfect.	Canc 9	14	c	
5			Canc 13	15	d	
6	b	Leonard.	Canc. 28	16	e	
7	c	Willride bish.	Leo. 12	17	f	
8	d	Four Martirs.	Leo. 25	18	g	
9	e	Theodore mart.	Vir. 8	19	a	Elizabeth.
10	f	Tertoni.	Virg. 22	20	b	
11	g	Martin bish.	Lib. 3	21	c	
12			Lib. 15	22	d	
13	b	Cressino Mart.	Li. 27	23	e	Clement mart.
14	c		Scorp. 10	24	f	
15	d	Macute bish.	Scor. 24	25	g	Katherine virg.
16	e	Hugh Bish.	Sagit. 2	26	a	
17	f	Queene Eliz.	Sagit. 14	27	b	
18	g	Octa Martin.	Sagit. 25	28	c	
19			Capri. 7	29	d	
20	b	Edmund King.	Capri. 19	30	e	
21	c	Presen of Mar.	Aqua 2	1	f	
22	d	Cecely virgin.	Aqua. 15	2	g	
23	e	Clement mar.	Aqua. 28	3	a	
24	f	Grisogon. mar.	Pisc. 11	4	b	Barbara virg.
25	g	Quin. Marti.	Pisc 25	5	c	
26			Aries 9	6	d	
27	b		Aries 24	7	e	
28	c		Tau. 9	8	f	Conceit. of Mary.
29	d	Saturne	Tau 24	9	g	
30	e		Gem. 9	10	a	

The Sunne now in his loweſt courſe,
Makes longeſt night, and ſhorteſt day:
In fine God bring vs to the place,
Where bright day light ſhall ſhine alway.

Ipſe diem nano, noctem q̃ figuro giganti.

● Full Moone the firſt day a little after one in the morning.
☾ Laſt quart. the 8. day at 2 of the clocke 14 min. in the morning.
● New Moon the 16 day at 6 of the clock 38 mi. in the morning.
☽ Firſt quar. the 23. day a little after 8. in the after noone
● Full Moone the 30 day a little before 12 at noone.

1	f	Low Bith.	Gem. 23.	11	b	
2	g	Med goes out.	Canc. 8.	12	c	
3			Canc. 22.	13		
4	b	Barbara Virg.	Leo. 6	14	d	
5	c	Sabba Abbot.	Leo. 20	15	e	
6	d	Nicholas Bish.	Virg. 3.	16	f	
7	e	Det. Andrew.	Virg. 16	17	g	
8	f	Concep. of Mary.	[illegible].0	18	a	
9	g	Cyprian Abbot.	[illegible].11	19	b	
10			Libra 24	20	c	
11	b	Damaſus.	Scorp. 6	21		
12	c		Scorp 17	22	d	
13	d	Luce ſhorteſt day.	Sagit. 0	23	e	
14	e	Othly Virgin.	Sagit. 11	24	f	
15	f	Valerius Bish.	Sagit. 23	25	g	
16	g	O ſapientia.	Capr. 5	26	a	
17			Capr. 17	27	b	
18	b	Gratian Bish.	Aqua. 0	28	c	
19	c	Venetia virg.	Aqua 12	29	d	
20	d		Aqua 24	30	e	Silueſter Bish.
21	e		Piſc. 7	31	f	
22	f	30. Martyrs.	Piſc. 21	1	g	
23	g	Victor. virg.	Aries. 5	2	a	
24			Aries. 19	3	b	
25	b		Taur. 3	4	c	
26	c		Taur. 18	5	d	
27	d		Gem. 3	6	e	
28	e		Gem. 18	7	f	
29	f	Thomas Becket.	Canc. 3.	8	g	
30	g	Transl. of James	Canc. 17	9	a	
31		Silueſter Bish.	Leo. 1.	10	b	

Alleyn. 1609.

A Prognostication for this present yeare our Lord God. 1609.

Being the first after Leap yeare.

Wherein is set forth the description of the foure quarters of the yeare, the Prediction of the Weather (a declaration of the Eccliples that are to happen this yeare) and the Conjunctions, Oppositions, and Quarters of the Moone Exactly.

¶ Calculated for the Meridian of the Auncient Towne of Petworth in Sussex, by Henry Alleyn, Practioner in Phisicke and Chirurgery.

Aliud homini, aliud humanitati satis
Varro.

Printed at London for the Company of Stationers.

A neceſſary rule to know the beginning and ending of euery Tearme, with their Returnes.

¶ Hillarie Terme **beginneth the 23. daie of January, and endeth the 13. of Febꝛuary, & hath foure returnes.**

Octabis Hillarij. } { Craſtino Purifica.
Quind. Hillarij. } { Octabis Purifica.

¶ Eaſter Terme **beginneth 17. daies after Eaſter, and endeth the Munday next Aſſention day. And hath fiue Returnes, that is to ſay.**

Quind. paſchæ. } Menſe paſchæ. { Quinque paſchæ.
Tres paſchæ. } { Craſti Aſcention.

¶ Trinitie Terme **beginneth the Friday next after Trinity Sunday, and endeth the Wednesday fortnight after. And hath foure Returnes, that is to ſay.**

Craſti Trinitatis. } { Quind. trinitatis.
Octabis Trinitatis. } { Tres trinitatis.

¶ Michaelmas Terme **beginneth the 9. day of October, and endeth the 28. of Nouember. And hath 8. Returnes, that is to ſay.**

Octabis Michael. } { Craſt. Animarum.
Quind. Michael. } { Craſt. Martinij.
Tres Michael. } { Octabis Martinij.
Menſe Michael. } { Quind. Martinij.

¶ **Note alſo that the Exchequer openeth eight daies before any Tearme beginne, except Trinity Tearme, in which it openeth foure daies before.**

¶ **On theſe dayes following, the Iudges ſit not at Weſtminſter.**

In { Hillary / Eaſter / Trinity / Michaelmas, } Terme, on { Candlemas / Aſcenſion / Midſomer. / Alholland } day

Particular Prognoſtiques of the ſtate and quality of the foure partes of this yeare, 1609.

And firſt of Winter.

WInter vſually, (yet præoccupantly) taken for the firſt part of this yeares began the 12. day of December laſt, being Tueſday, about three of the clocke, 48. minutes in the morning, and ſo continueth vntill the Sun hath paſſed through the three Hiemale ſignes, ♑. ♒. and ♓.

This ſeaſon reſembling (naturally) the temperament of water, cold and moyſt, the Phlegmatick complexion, and Weſt plage of the worlde, is diſpoſed (as I gather) to bee meetly good and temperate, yet not (in all poynts) ſo well as is to be wiſhed, as the particuler predictions will further intimate.

Diſeaſes like to afflict vs this Quarter, are cauſed much rawneſſe and humidity in the bottome of the ſtomacke, cauſing vnkind digeſture, eſpecially in Women, and Phlegmaticke complexions. Vertigo, or ſwimming in the head, ſinging in the eares, diſtilling downe of Rheumes, cauſing running and dropping eyes, and ache in the teeth, the chough and hoarſenes, with much ſtopping of the Lungs and breſt.

Triſtis hyems pueris ſenibuſque tremendus vtroque.

Of the Spring.

THe ſun hauing runne (by degrees) through euery ſigne in the Zodiaque, finiſhing his courſe in the laſt degree of the laſt ſigne Piſces, and renewing his accuſtomed progreſſe, reentereth the firſt grade of the Vernall Equinoctiall ſigne Aries, vpon the 11. day of March, being Saturday, about one of the clocke and 18. minutes after midnight (reducing the day and night to

an equall length) at which time beginneth our ſpring, being (naturally) the moſt temperate and pleſauntſt time of the yeare. The ſunne at that time riſing and ſetting iuſt at vj. a clocke in the morning and euening. The ſpring continueth till the ſunne hath paſted thorough the three vernall ſignes, ♈. ♉. ♊. and as entring the firſt minute of the next ſigne ♋.

This quarter being in diſpoſition like to the ayerie Element, hot and moiſt, of the quality of the ſanguine complexion, and South-angle of the world, is like (as I geſſe) to proue very cold, with ſtormes and froſtes vntill mid-May, which then will become more kindly. Diſeaſes to be feared this ſpring, are diuers corruptions and paines in the ſtomacke, obſtructions in the Lungs, with the cough and ſhortneſſe of breath, much paine in the head, oppilations in the Liuer and ſpleen, ache in the ioynts, chiefely in the knees, ancles, & feete. The Scorbutique paſſion is like to play his part kindly in many places of this kingdome.

I abificos febris profert recidiua dolores.

Of the Summer.

VPon the 12. day of June being Monday, about 9. of the clocke xxiii. minutes before midnight, the ſun hauing climbed (by degrees) from the firſt grade of the Ram, (through the three vernall ſignes, ending the laſt minute of Gemini) ſteppeth into the firſt ſcruple of the Solſticiall ſigne Cancer, (the higheſt tipe of his aſcenſion) at which time is the iuſt beginning of our Summer (the day then being at the longeſt, and the night at the ſhorteſt) from which time Phœbus continueth deſcending by little and little, (ſtill ſhorting the day, and lengthning the night) vntill he be ſeated againe in the contrary Winter Solſtice. Summer continueth till the ſun hath moued through the three Eſtiual ſignes; ♋. ♌. ♍. This quarter in temperature qualified like the fire, hot and dry, like the Cholericke complexion & Eaſt corner of the world, is diſpoſed in my iudgement

to

to be temperate, if not ſomewhat moiſt, cauſing waters to breake out of their limits and bounds. Malladies ſuſpected to moleſt our bodies (in this quarter) are hot inflamations in the lunge, ſtomacke, and inward parts, great paines in the head, Phrenſes &c. and it is not vnlike that many will die of ſtrange agues. The Peſtilence is to be feared, and I pray God it may rather be feared then felt.

Diſſona fellitis æſtatis tempora morbis.

Of Autumne.

PHœbus hauing continued his reſtles race, thorough halfe the celeſtiall ſignes of the Zodiaque, and finiſhed halfe the Solar yeare, ending in the laſt degree of Virgo, goeth (according to his accuſtomed courſe) into the firſt minute of the ſecond Equinoctiall autumnall ſigne, Libra, ballancing the day and night (as it was in the Spring) in equality of length againe. At which time vſually beginneth the fourth and laſt quarter of our common yeare, vulgarly called Autumne or fall of the leafe, being the third quarter of the yeare Aſtronomicall, the Sun then mouing in the third quarter of the Zodiaque.

The iuſt time of the Sunnes ingreſſe into this ſigne this yeere, is vpon the xiii. day of September being Wedneſday, about three of the clocke, 49. minutes after midnight, and this quarter continueth while the Sun hath paſſed thorough the three autumnall ſignes, ♎. ♏. and ♐. and entred the firſt ſcruple of the Winter ſigne ♑, the beginning of the next yeare 1610.

This quarter inclining to the quality of the earth, cold and dry, like the melancholicke complexion and Northy part of the world, is like (by my coniecture) to be meetly ſeaſonable, but in the beginning therof are like to be ſome vncouth lightning, not without ſome hideous Thunder-clappes, and ſtreaming lights appearing in the Eaſt and Northy parts of the worlde, the weather for the moſt part reaſonable dry, with many pleaſant

dates, notwithstanding some boysterous Windes, like to blow fruites from the Trees ere they be fully ripe. The diseases of this Autumne (I feare) wilbe many Tertian and Quartaine Agues, obstructions in the Splene, and paines in the syde, Piles & Hemorodes, much Costiuenesse and paine in the bowels, the Hipochondriaca Passio, the Strangury and Dissury, with many stoppinges in the inwarde vessels of the bodie, whereof are like to proceed many dangerous diseases.

Difficilis partus aut feomina sentit abortus.

Of the Eclipses this yeare. 1609.

SIx times this yeare shall the two heauenly & great Luminaries be eclipsed: Namely, the Sun and the Moone, whereof two only of the Moone shal appeare in our Hemisphere. The first thereof shal be seen with vs the 7. day of January being Tuesday, 45. minuts after one of the clock in the morning, there shalbe nere eight parts of her body eclipsed which shall continue one houre and 29. minutes.

The second eclipse of the moone shall be seene with vs the 6. of July being Thursday at 8. minuts after a 11. of the clocke at night, almost her whole bodie shall be eclipsed, which shall continue one houre and nine minutes.

Physicall Elections.

FOrasmuch, as by many and diuers experiments, it hath bin obserued and found, that sometimes haue beene more apt and fit for the enterprising of certaine workes, then other, according to the constellation of the celestiall bodies: wherupon Astronomers haue selected certaine peculiar and prescript times, for the better atchiuement of diuers actions, which they term elections.

Heere note that from the change of the Moone, to the first quarter, and from the full to the last quarter, the humours do moue from the center to the circumference of the body. As contrarily from the first quarter to the full

full, and from the laſt quarter to the change, they are carried by an oppoſite motion from the circumference to the center.

Therefore in the firſt and third weekes of the Moone it is beſt vſing externall euacuations, as Phlebotomie, Baths, Cupping, &c. But in the ſecond & fourth weeks of the Moone, internall euacuations, becauſe the very ſpirit and life reſteth in the bloode, and that it is the cheefeſt humor in mans body, as Iſaac ſaith, In Viatis, ſanguis eſt fundamentum caloris naturalis, in quo calor naturalis confortatur. Therefore it ought not to be let out, but vpon great occaſion, and ſound aduice of ſome learned Phyſitian, for otherwiſe it may make a way to many greeuous infirmities. As touching elections for Phlebotomies let bloud the Sanguine, the moone being placed in ♈. ♎. ♐. ♑. and ♒. in a ✶. ☌. or □. betweene ☿. and ♃.

Let bloud the Chollericke in ♋. ♏. and ♓. in a ☌. ✶. or △. inter ☿. ♃.

Let bloud the Phlegmaticke, the moone running in ♈. or ♐. in a ☌. ✶. or △. inter ☉. ☿. ♃.

Let the melancholicke bloud in ♎. or ♒. and in ☌, ✶. or △. inter ♃. ☿. and ♄.

Cut no vaine when either ♄. ♂. ☉. or ☽. are in that part where you meane to let bloud, or in a ☌. or □. inter ♄. and ♂. nor in their howers.

For Ptolomy ſaith in his Centilog: Tangere ferro membrum cum Luna in ſigno illius membri eſt periculoſum. Obſerue alſo, it is good letting bloud from the newe of the moone to the firſt quarter for young folke, from the firſt quarter to the full for them that are of flouriſhing age. In purging it ſhall be well alwaies to obſerue the wholeſome counſell of that learned father of Phiſicke Hippocrates.

Purganti quoties Vacuas medicamine corpus,
Quo bene res cedat, fluxile redde prius.
If thou wouldſt purge on's body well,
then fluxible the ſame firſt make:
So ſhall the medicine beſt expell,
that, which away it ought to take.

And

And Hermes saith, Purgatis conueni enter alijs humoribus purgatur & sanguis ex consequenti.

The fittest time to purge with
- Pilles is in ☽.in a ♂.*.or △.inter ☿.& ♃.
- Electuaries in ♋.♏.or ☽.in a ♂.*.or △. inter ☽.☿.and ♃.
- Potions in ♋.♏.or ☽.in a ♂.*.or △.☿.& ♃
- Vomits in ♈.♉.♑.in a ♂.*.or △.☿.& ☿.
- Gargarisme in ♈.♋.in a ♂.*.△.of ☿.☽

Take
- Preparatiues in ♊,♎.or ♒. with a ♂.*.or △. inter ♃.☿.and ☿.
- Glisters in ♒,♎.or ♏. with a ♂.*.or △.inter ☿.☿.or the ☽.

Stop Humors, fluxes, or Rheumes the ☽. in ♉.♍. or ♑. with a ♂.*.or △. inter ♄.☿.or ☿.

Vse locall medicines when the ☽. gouerneth the part affected.

Comfort the vertue.
- Attractiue when the ☽.in ♈.♌.or ♐, in a *. or △.inter ♃.☉.or ♃.
- Relentiue the moone in ♉.♍. or ♑. with a ♂,*.or □. inter ♄,☿.or ☿.
- Digestiue the ☽.♊.♎.or ♒. with a ♂.*.or △. inter ☿.and ☿.
- Expulsiue, the ☽, in ♋,♏,or ♓. in ♂.*.or △ inter ☽.☿, or ☿.

Briefe Rules of Husbandry.

SOw, set seeds, plant and graft, the moon in ♉.♍. or ♑. the wind not Easterly.

Sheare sheepe in the encrease of the moone.

Fell, fryth, and Coppice for fewell in the first quarter.

Geld and Lib Cattle, the Moone in ♈, ♐. or ♑.

Kill fat Swine for Bacon about the full moone.

Cut Vines in February or March.

Remoue trees at the last quarter betweene Hollantide & Twelfetide.

Sow or set Onions, Garlicke, Turnips, Cabbages, Lettice. Parsneps, Carrets, Peale, Beanes, and such other, especially three or foure daies before or after the ful ☽.

Alleyn. 1609.

Ianuary. 1609.

Acroſtiches of the preſervation of health: Alſo a prediction of the weather, according to the particular inclination thereof, in every month of this yeare, 1609.

Res prcciofiſsima ſanitas. Polybus.

He that would faine in healthfull ſtate
his body long preſerue,
Let him theſe Leſſons following,
Be carefull to obſerue.

The firſt, 2, & 3, daies faire, the 4, and 5. frоſty and drie. 6, and 7, windy, 8, 9, raine, 10, 11, 12. faire ſun-ſhining, 13, and 14 frоſty, with ſome ſleete, 15, and 16, driuing weather, 17, 18, and 19, wet, with ſome fall, 20, and 21 fairer, 22. 23, and 24, frоſty and very cold, 25. and 26. blaſtring winds, 27. and 28. wet daies. 29 and 30. more pleaſant but frоſty 31. ſo to.

☽ Firſt quar.	the	2	day	10	of the clock.	46 minu. at
● Full moon.		10	at	1		ni. 45 m, in ♑
☾ Laſt quart.		18		2		mor. in ♑ mor
○ New moon		25		2		58. m, aft, new

February 1609.

Spiritus Triſtis exiccat oſſa. Solomon.

Eſchew and banniſh from thy breſt,
Thought, care, and fearefulneſſe,
Theſe hurt the hart, theſe dry the bones,
and natures ſtrength oppreſſe.

The firſt day very cold and dry, 2. and 3. windy with ſome raine, 4, 5, & 6. ſtormy, 7, 8, 9, 10. fairer but cold, 11, 12, 13 and 14. very windy with ſome fall, 15, 16, 17, & 18. winterly weather, yet towards the end fairer, 19, 20. 21, & 22, lowring and ouercaſt with ſome wind, 23, and 24, wet, 25, 26, and 27. drier but colde, 28, frоſty.

☽ Firſt q.	the	1	day	11	of the clock.	20, m, bef. n
● Full m.		8	at	6		6. m. aft. n.
☽ Laſt q.		16		9		46 bef. mid
○ New m		24		1		45. in mor.

March

A Prognoſtication

March 1609.

Ira furor brevis eſt. *Horat.*

Neuer let wrath dwell in thy hart,
Wrath, Reaſon doth ſubdue:
It breeds ſharpe feuers, and by it,
May ſodaine death enſue.

The firſt and ſecond great winds, 3, 4, 5, ſo to 6, 7, 8, & 9, faire and calmer, 10, 11, & 12, windy and ouercaſt, 13, 14, and 15. great raine. 16, 17, & 18. froſty and faire. 19, 20. 21, & 22, expect windy tempeſts, 23, & 24, flying clouds, 25, & 26. froſty and dry, 27, 28, diuerſly diſpoſed 29, 30, and 31. vnconſtant.

☽ First quar.		2		4		35 m. aft. n
● Full moone	the	10	day at	11	of the clock.	12 m. b. n
☽ Laſt quart.		18		2		17, m. aft. n
☉ New moon		25		10		58 m. be. n

Aprill 1609.

Vino immodice ſumpto nil pernicioſius. *Androcides.*

Refraine from taking too much wine,
great griefe doth grow thereby:
The Palſie, Lethargy, the Crampe,
and the Apoplexie.

First, 2, and 3. faire daies, 4, 5, and 6. cold & dry, 7, 8, 9 windy ſhowers, 10, 11, 12, & 13 variable with warme blaſts, 14, 15, & 16. ſomwhat cold, 17, 18, 19, & 20 flying clouds, with ſome dewes, 21, 22, 23, 24, warme daies for ye time, 25, 26, vncõſtant, 27, 28, 29 30. Aprill weather

☽ First qu.		1		3		40. mi. in moꝛ.
☾ Ful moo,		9		4		25. mi in moꝛ.
● Laſt qu.	the	17	day at	2	of the clock.	27. mi. in moꝛ.
☉ New m.		23		7		7. mi. afterno.
☽ First qu.		30		4		47. m. afterno

May 1609.

Coenæ liberales cruditatum minera. *Arnold.*

In any wiſe, ſup ſparingly,
great Suppers hurt the head:

Agues,

Agues, the Gowt, winde Chollicke, and
the Stone, are thereby bred.

The firſt day faire, the ii. cold and dry, the iii, iiii, v, & vi. windy with ſome dewes, vii. viii. ix. x. xi. ſunſhining daies with ſome miſling in the night, xii, xiii, xiiii, & xv, colder and windy, xvi, xvii, xviii. xix, fit for the time, xx, xxi, xxii & xxiii, pleaſant mornings, but in the afternoone cloudy xxiiii, xxv, xxvi, ſome raine, xxvii, & xxviii. dryer and ſunſhining, xxix, xxx, xxxi vnconſtant.

☉ Full moo.	the	8	day	8	of the	xx. m, aft, noo
☾ Laſt qua.		16	at	12	clock	58, m at noon
☉ New moo		23		3		4, mi, in moz.
☾ Firſt qu.		30		8		51, m, in moz

June 1609.

A cibo leuiter ambulâre, bonum. *Auicen.*

Either to ſtand or walke ſoftly,
are good ſtraight after meat:
To helpe digeſtion, and ſtirre vp
the force of Natiue heat.

The firſt and ii. daies windy, iii, iiii, v, vi, & vii, hot ſunſhining daies, viii, and ix. cooler, x, xi, xii, & xiii, ſwelling dayes, with ſome inclination to thunder, xiiii, xv, & xvi fiery hot, xvii, xviii, xix, & xx, cooler with pleaſant gales, xxi, xxii, xxiii, xxiiii, thunder and lightning with ſome cooling ſhowers xxv, xxvi, & xxvii, temperate daies, xxviii, xxix, and xxx, variable.

☉ full moon	the	2	day	11	of the	38 m, befoze n
☾ Laſt qua		14	at	7	clock	18 m, aft. noo,
☉ New m.		xxi		11		30 m, bef, noon
☾ firſt qua.		28		12		xx, m, at midn

Iuly 1609.

Interdiu vigilandum noctu dormiendum. *Hippocra.*

After-noones ſleepe ſee that thou ſhun,
heereby Head-ache doth grow,
Obſtructions and Crudities,
all kinds of Gowts alſo.

The

The firſt and ti,pleaſant and temperate,iii.iiii,& v,ſtedy ayre,vi,and vii,ſome ſtormes,viii,ix,x,& xi, cloudy with ſome dewes,xii,xiii,xiiii,& xv,fury hot,xvi,xvii,xviii,& xix very variable,xx,xxi,xxii, pleaſant haying weather,xxiii xxiiii,xxv,& xxvi,windy aire, xxvii,& xxviii, thunder and lightning threatned,xxix,xxx,& xxxi,hot,pleaſant,& dry.

● full moo.		6	11	7,m,bef,midn
☾ Laſt qua	the	13	day 0	a litle be,mid,
☉ New m.		xx	at 9	of the clock, 25,m, aftern.
☽ firſt qua		28	5	37,m, aftern.

Auguſt 1609.

Lotium remorari, periculoſum. *Rhaſes.*

Let vrine go (in any wiſe)
As oft as need ſhall be:
For elſe the Stone and Strangury,
will ſoone take hold of thee.

The firſt & ii.indifferent,iii,iiii,& v,fouler weather, vi, vii.viii,& ix.good harueſt weather,x,xi,xii. & xiii, cloudy & windy,xv,& xvi,ſome dewes,or raine, xvii. & xviii.fury hot,xix.xx.xxi,xxii, xxiii,& xxiiii,ſomewhat windy, with ſome dewes.xxv,xxvi,xxvii,& xxviii, very hot & dry glowmy dates,xxix,xxx,& xxxi,cooler with ſome variety.

● Full moo.		5	10	before noone
☾ Laſt quar	the	12	day 4	of the 27 m.in mor
☉ New moo		19	at 9	clorke 26 m.be.noo
☽ Firſt qua		27	11	before noon.

September 1609.

Ventris onus vel flatum ſupprimere malum. *Celſus.*

Let natures other needs be done,
as oft as out they would:
For it may hurt the body much
as then, them in to hold.

The firſt ii,iii,& iiii, dates,intending to raine,v,vi, vii & viii.hot & dry,threatning ſom tempeſt,ix,x,great winds xi,& xii,ſome rain xiii,& xiiii.faire dates,xv,xvi,& xvii,cold and dry,xviii.xix,xx xxi,& xxii,great winds, xxiii,& xxiiii. calmee,xxv,xxvi,& xxvii.mutation in the ayre,xxviii,xxix, & xxx. wind and raine.

● Full

● full moo.		3	7		47.m.be.midn
☽ first quar	the	10	day 10	of the	37.m.be.noon
○ New m.		17	at 12	clock	at midnight.
☽ last quar		26	4		14.m.in mozn.

October 1609.

Inglunies morborum seminarium. *Plutarch.*

Eat not thy fill, of many meats
at once, it hurts thy health,
It breedeth great diseases, and
it may impaire thy wealth.

The first day like to raine, ii, & iii, faire, iiii, v, vi, & vii. cold, dry, and windy, viii, & ix, rainy, x, & xi, fairer, xii, xiii, & xiiii. small frosts, xv, and xvi, drying windy weather, xvii, xviii & xix, moisture expected, xx, xi, & xxii, some amendment xxiii, xxiiii, dry & somewhat cold, xxv, & xxvi, wind hie, xxvii, and xxviii, cold misling dewes, xxix, xxx, xxxi.

● full moo.		3	6		42, m.be.noon
☽ last quar,	the	2	day 0	of the	a lit.af.8.at m.
○ New m.		17	at 0	clock.	a lit, af. 5, aft. n
☽ first qua.		25	8		in the euening.

Nouember 1609.

Sui corporis noticiâ sustentatur valetudo. *Cicero.*

If thou finde ought to do thee good,
that safely maist thou vse:
All what shall not agree with thee,
I wish thee to refuse.

The first day cold and dry, ii, & iii, winde rising, iiii, v, & vi, store of moisture vii, & viii, close daies but dry, ix, & x, frosty, xi, xii, & xiii, sharpe winds or colde stormes, xiii, & xv, little amendment xvi xvii, & xviii, calmer, xix, & xx, like to freeze, xxi, xxii, & xxiii, indifferent if wind arise not, xxiiii, & xxv, like to raine xxvi, & xxvii faire, xxviii, and xxix like to snow, xxx a winterly day.

● full moo.		1	2		40.m,aftern.
☽ first quar	the	9	day 9	of the	a lit, aft. 9 ni.
○ New m.		16	at 12	clock	at noone
☽ last quar		24	9		29 m.be, midn

De-

December 1609.

Mediocritâte ſeruatur ſanitas. *Galen.*

Neither in labor, meat, or drinke,
in ſleepe or Venery
Exceed: but keepe the golden meane,
to hold thy health thereby.

The firſt day windy, ii, & iii, like to raine, iiii, & v, fairer, vi, and vii, frosty, viii, ix, and x, diuerſly diſpoſed, xi, and xii, ſome fall of ſnow, xiii, xiiii, and xv, indifferent, xvi, and xvii, great froſts, xviii, xix, and xx, cold, raine, and wind, xxi, & xxii, ſo to, xxiii, and xxiiii, fairer daies, xxv, and xxvi, hoze-froſts, xxvii, and xxviii, great wind, xxix, and xxx, raine or ſnow, xxxi, much like.

full moo.				a lit. af. 1. in mo
firſt quar		1	0	4, m. in ☽ mozn
☉ ſ. new ♑	the	8	2 day at 6 of the clock	8, m. in ☽ mozn
firſt quar		16		a lit. af. 8. aftern
full moo.		23		a lit. be. xii, at n.
		30	0	

Sol non inuidet veſperæ.

Zeno apud Auguſtin.

The ſoule, a perfect number is,
That by it ſelfe, it ſelfe, doth moue:
And therefore Nature (Zeno ſaith)
Doth beſt delight her ſelfe in Loue.

Empedocles apud Ariſtot:

The Elements themſelues, although
They diuers are in quality:
Yet beſt, do yeeld forth beſt effects,
Conſorting beſt in Symmetrie.

Firmic:

The higheſt meane, and loweſt Spheere,
Still keepe their turnes, and neuer iarre:
The Sun that Lordly Lampe of light,
Doth gracifie the ſmalleſt ſtarre.
All ſtarres as they exalted be,

Guid: Bon:

In Type of ſtrife and amity:
Caſt downe their bad and good proiects,
Vpon the world accordingly.

Canina virtitans, Cynocephalum oppugnans:

The King of Kings, preſerue King Iames,
Great Brittaines greateſt ioy:

And roote out those that any way,
Shall practise his annoy.

Beatus populus cui Rex est Philosophus

f *Libelli de se elogium.*

Hoc ne forte putes, aliquid nos esse putare,
Hoc, tibi nos ipsi dicimus, esse nihil,
Hoc aliquid nihil est, aliquid quod se putat esse:
Hoc aliquid sit, quod se putat esse nihil,
Sive nihil sum, sive aliquid, (nihil lector amice)
Pendet ab arbitrio sors mea tota tuo.

The generall Faires through England.

From Yorke to London 150. miles.

From Yorke to Tadcaster	8 mile
From Tadcaster to Wentbridge	12 mile
From Wentbridge to Doncaster	7 mile
From Doncastee to Turfoord	18 mile
From Turfoord to New-market	10 myle
From New-Market to Grantham	10 mile
From Grantham to Stanford	16 mile
From Stanford to Stilton	12 mile
From Stilton to Huntingdon	9 mile
From Huntingdon to Royston	15 mile
From Royston to Ware	13 myle
From Ware to Waltham	8 mile
From Waltham to London.	12 mile

From Yorke to Cambridge Cxiiij.

Keepe london way from Yorke to Huntingdon, which is.	102 mile
Then it is from Huntingdon to Cambridge,	12 mile

From Yorke to Nottingham Lxvi. mile.

Keepe london way from Yorke to Doncaster, whirh is,	45 mile
Then from Doncaster to Wansfield is,	9 mile
From Wansfield to Notingham	12 mile

From Yorke to Shrewsbury, 103. mile.

From Yorke to Wetherby	7 mile
From Wetherby to Dicly	13 mile

From Otely to Bradford, 6 myle
From Bradford to Halifaxe, 6 myle
From Halifaxe to Blackstone edge, 6 myle
From Blackstone to Rochdale. 6 myle
From Rochdale to Manchester. 8 myle
From Manchester to Norwich, 16 myle
From Norwich to Westonwood, 9 myle
From Westonwood to Whitchurch 12 myle
From Whitchurch to Pryce, 4 myle
From Price to Shrewsbury. 10 myle

From Yorke to Northampton 104. mile.

Keepe London way from Yorke to Notingham, which is, 66. myle
Then from Notingham to Lough-borow, 8 myle
From Loughborow to Leycester, 8 myle
From Leycester to Harborow 12 myle
From Harborow to Northamton. 10 myle

From Yorke to Oxford 136. miles.

From Northampton to Cocester, 7 myle
From Cocester to Brakeley 7 myle
From Brakeley to Oxford. 18 myle

From Barwicke to Yorke, 107. miles.

From Barwicke to Belford 12. myle
From Belford to Anwike. 12 myle
From Anwike to Morpit, 12 myle
From Morpit to Newcastle, 12 myle
From Newcastle to Durham 12 myle
From Durham to Darington, 14 myle
From Darington to Northalerton. 10 myle
From Narthalerton to Topclif. 7 myle
From Topclif to Yorke. 16 myle.

From Yarmouth to Norwich 16. mile.

From Yarmouth to Ockell, 8 myle
From Ockell to Norwich. 8 myle

From

From Norwich to London Lxxxvj. mile.

From Norwich to Windam.	5 mile
From Windam to Aclebozrough,	5 mile
From Aclebozough to Thetford.	10 mile
From Thetford to Icklingham sands,	6 mile
From Icklingham to New-market.	10 mile
From New-market to Whitford bridge.	10 mile
From Whitford to Barckway,	10 mile
From Barckway to Puckeridge	5 mile
From Puckeridge to Ware,	5 mile
From Ware to Waltham.	8 mile
From Waltham to London.	12 mile.

From Yarmouth to Colchester, and so to London. 49. miles.

From Yarmouth to Lesteffe,	6 mile
From Lesteffe to Blibur,	10 mile
From Blibur to Snapbridge	8 mile
From Snapbridge to Woodbridge,	6 mile
From Woodbridge to Ipswich,	7 mile
From Ipswich to Colchester.	12 mile

From Colchester to London 43. miles.

From Colchester to Keluedon	8 mile
From Keluedon to Chelmsford.	10 mile
From Chelmsford to Brentwood	10 mile
From Brentwood to London.	15 mile.

From Walsingham to London, 82. mile.

From Walsingham to Picknam,	12 mile
From Picknam to Brandon Ferry,	10 mile
From Brandon Ferry to New-market,	10 mile
From New-market to Whitford bridge,	10 mile

And so to London, as in London way.

From Cockermouth to Lancaster, and so to London, 43. miles.

From Cockermouth to Kiswike.	6 mile

from Kilwiche to Grocener. 8 mile
from Grocener to Kendale. 14 mile
from Kendale to Burton. 7 mile
from Burton to Lancaster. 8 mile

From Lancaster to London, 178. miles.

From Lancaster to Preston. 20 mile
from Preston to Wigan. 14 mile
from Wigan to Warington. 12 mile
from Warington to Newcastle. 20 mile
from Newcastle to Lichfield. 20 mile
from Lichfield to Colesill. 12 mile
from Colesill to Couentry. 8 mile
from Couentry to Dounentry. 14 mile
from Dounentry to Toceſter. 10 mile
from Toceſter to Stony Stratford. 6 mile
from Stony Stratford to Brickhill. 7 mile
from Brickhill to Dunſtable. 7 mile
from Dunſtable to S. Albones. 10 mile
from S. Albones to Barnet. 10 mile
from Barnet to London. 10 mile.

From Shrewsbury to Couentry, and ſo to London, 118. miles.

From Shrewsbury to Watling-ſtreete. 7 mile
from Watling-ſtreet to Shefnall 5 mile
from Shefnall to Bumingall. 3 mile
from Bumingall to Wolnerhampton. 5 mile
from Wolnerhampton to Bremicham. 10 mile
from Bremicham to Weriden 10 mile
from Weriden to Couentry. 4 mile
And ſo to London, as in Lancaſter way before.

From Couentry to Cambridge 46. miles.

From Couentry to Dunchurch. 8 mile
from Dunchurch to Northampton. 10 mile
from Northampton to Higham Ferris. 10 mile
from Higham Ferris to Saint Eedes. 8 mile
from S. Eedes to Cambridge. 10 mile.

From

From Cambridge to London 44. miles.

From Cambridge to Royston.	10 mile
From Royston to Barkway.	4 mile
From Barkway to Puckeridge.	5 mile
From Puckeridge to Ware.	5 mile
From Ware to Waltham.	8 mile
From Waltham to London.	12 mile

From Couentry to Oxford 39. miles.

From Couentry to Southam.	10 myle
From Southam to Banbury.	10 mile
From Banbury to Woodstocke.	12 mile
From Woodstocke to Oxford.	12 mile

From Oxford to London 47. miles.

From Oxford to Wheatly bridge.	5 myle
From Wheatly bridge to Tetsworth	5 mile
From Tetsworth to Stoken Church.	5 mile
From Stoken Church to Wickam.	5 mile
From Wickam to Beconsfield.	5 mile
From Beconsfield to Vxbridge.	7 mile
From Vxbridge to London.	15 mile

From S. Dauids to London 212. miles.

From S. Dauids to Oxford.	12 mile
From Oxford to Carmarden.	24 mile
From Carmarden to Newton.	12 mile
From Newton to Lanbury.	10 mile
From Lanbury to Brecknock.	16 mile
From Brecknock to Hay.	10 myle
From Hay to Herrefoord.	14 mile
From Herrefoord to Rosse.	19 mile
From Rosse to Glocester,	12 mile
From Glocester to Chichester.	15 mile
From Chichester to Farington	12 mile
From Farington to Ibington.	10 mile
From Ibington to Dorcester.	5 mile
From Dorcester to Henley.	12 mile
From Henley to Maiden-head.	7 mile

from Maiden-head to Colbrooke, 7 mile
from Colbrooke to Hounslow 5 mile
from Hounslow to London. 10 mile.

From Carmarthen to London 157. miles.

From Carmarthen to Laundouery. 20 mile
from Laundouery to Welthe. 14 mile
from Welthe to Preston 12 mile
from Preston to Worcester. 26 mile
from Worcester to Eusham. 12 mile
from Eusham to Chipping Norton. 14 mile
from Chipping Norton to Islip. 12 mile
from Islip to Wickham. 20 mile
from Wickham to Beconsfield. 5 mile
from Beconsfield to Vxbridge. 7 mile
from Vxbridge to London. 15 mile

From Carnaruan to Chester, and so to London 199. miles.

From Carnaruan to Conaway. 24 mile
from Conaway to Denbigh. 11 mile
from Denbigh to Flint. 12 mile
from Flint to Chester. 10 mile
from Chester to Wich. 15 mile
from Wich to Stone. 15 mile
from Stone to Lichfield. 18 mile
from Lichfield to Coleshill. 12 mile
from Coleshill to Couentry, 8 mile
And so Lancaster way to London.

From Bristow to London 97. miles.

From Bristow to Marefall. 10 mile
from Marefall to Chipnam. 10 mile
from Chipnam to Marlebozow. 15 mile
from Marlebozow to Hungerford, 8 mile
from Hungerford to Newbery. 7 mile
from Newbery to Reading. 15 mile
from Reading to Mayden-head. 10 mile
from Mayden-head to Colbrooke. 7 mile
from Colbrooke to London. 15 mile.

From

From Briſtoll to Cambridge.

From Briſtoll to Sadbery.	ten mile
From Sadbery to Chicheſter.	12 mile
From Chicheſter to Came.	
From Came to Buckingham.	
From Buckingham to Bedford.	
From Bedford to Cambridge.	12 mile

From Briſtoll to Oxford 48. miles.

From Briſtoll to Sadbery.	ten mile
From Sadbery to Chicheſter.	12 myle
From Chicheſter to Faringdon,	14 mile
From Faringdon to Oxford.	12 mile.

From Briſtoll to Shrewsbury. 70. miles.

From Briſtoll to Awſte.	8 mile
From Awſte to Monmouth.	ten myle
From Monmouth to Hereford,	12 mile
From Hereford to Lempſter,	12 mile
From Lempſter to Ludlow,	8 mile
From Ludlow to Shrewſbury.	20 mile

Another way from Briſtoll to Shrewsbury, farther about, but you ſhall paſſe no Ferry. 87. miles.

From Briſtoll to Newport,	15 mile
From Newport to Gloceſter,	15 mile
From Gloceſter to Tewkeſbury.	7 mile
From Tewkeſbury to Worceſter.	14 mile
From Worceſter to Kidderminſter,	ten mile
From Kidderminſter to Bridgnorth.	12 mile
From Bridgnorth to Shrewſbury.	14 myle

From ſouthampton to Briſtoll 60. miles.

From Southampton to Saliſbury.	18 myle
From Saliſbury to Wormſter,	18 myle
From Wormſter to Bzow.	24 mile

From Barſtable to Briſtoll 55. miles.

From Barſtable to Dunſter	18 mile
From Dunſter to Conudge.	12 mile
From Conudge to Weare.	ten myle
From Weare to Briſtoll.	15 myle

From

From Southampton to London 64. miles.

From Southampton to Twiford.	8 myle
from Twiford to Alresforth.	8 myle
from Alresforth to Alton.	7 myle
from Alton to Farnham.	7 myle
from Farnham to Gilford.	9 myle
from Gilford to Kypple.	5 myle
from Kippie to Cobham.	5 myle
from Cobham to Kingston.	5 myle
from Kingstone to London.	ten mile

From Southampton to Hayleford in Cornewall, along by the sea-coasts. 155. miles.

From Southampton to Kingwood.	12 myle
from Kingwood to Powle.	8 myle
from Powle to Wilton.	15 myle
Then passing the ferry frō Waymouth to Lyme.	18. my.
from Lyme to Exmouth.	15 mile
Then passing the ferry to Tinmouth.	ten mile
Then passing the ferry to Dartmouth.	12 mile
Then passing the ferry to Hawton.	8 mile
Then taking a gude to Plimmouth.	12 mile
Then passing the ferry to Saltash.	3 mile
From Saltash to Low.	10 mile
from Low to Foy.	8 mile
Then passing the ferry to Truro.	18 mile
from Truro to Hayletord.	6 mile

From Excester to London 138. miles.

From Excester to Honiton.	12 mile
from Honiton to Charte.	ten mile
from Charte to Crokehorne.	6 mile
from Crokehorne to Sherborne.	ten mile
from Sherborne to Shaftesbury.	12 mile
from Shaftesbury to Salisbury.	18 mile
from Salisbury to Andeuer.	15 mile
from Andeuer to Basingstoke.	16 mile
from Basingstoke to Hartlerow.	8 mile
from Hartlerow to Bagshot.	8 myle

from

from Bagshot to Staines. 8 mile
from Staines to London. 15 mile

From Excester to Barstable 32. miles.

From Excester to Kyrton. 7 myle
from Kyrton to Copstonston. 3 mile
from Copstonston to Colridge. 8 mile
from Colridge to high Bickington. 8 mile
from high Bickington to Barstable. 6 mile.

From Excester to Bristoll 70. miles.

From Exceter to Collampton. 10 mile
from Collampton to Wellington, 8 myle
from Wellington to Taunton, 5 myle
from Taunton to Bridgwater, 7 myle
from Bridgwater to Glassenbury. 11 myle
from Glassenbury to Wels. 4 mile
from Wels to Bristow. 15 mile

From Dartmouth to Excester 24. miles.

From Dartmouth passing the ferry to Kings Were. 00
from Kings Were to Compton. 6 myle
from Compton to Newton Bushell. 6 myle
from Newton Bushell to Excester. 12 myle

From Plimouth to Excester 39. miles.

From Plimouth to Plunton. 3 mile
from Plunton to Asburton. 16 mile
from Asburton to Chidley. 8 mile
from Chidley to Excester. 12 mile

From S. Burien in Cornwall to Excester, 91. miles.

From Saint Burien to the Mount. 12 myle
from the Mount to Truro. 12 myle
from Truro to Bodium. 12 myle
from Bodium to launslow. twenty mile
from launslow to Okehampton. 15 myle
from Okehampton to Crockhornewell. ten myle
from Crockhornewell to Excester. ten myle

From Totnes in Deuonshire to Excester 20. miles.

From Totnes to Newton Bushell. 8. myle
from Newton Bushell to Excester. 12 myle

From

From Douer to London 55, miles.

from Douer to Canterbury.	xii mile
from Canterbury to Sittingborne.	xii mile
from Sittingborne to Rochester.	viii mile
from Rochester to Grauesend.	v mile
from Grauesend to Darte-ford.	vi mile
from Dartford to London.	xii mile

From Rie to London 48. miles.

From Rye to Plumwell.	xv mile
from Plumwell to Tonbridge.	xi. mile
from Tonbridge to Chepstow,	vii mile
from Chepstow to London.	xv mile

FINIS.